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(54) **METHOD AND SYSTEM FOR PREDICTING  
HUMAN COGNITIVE PERFORMANCE**

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(58) **Field of Search** ..... **600/300-301, 600/544-545; 128/903, 904, 920, 923, 898; 434/236-238, 219-220, 118; 702/19**

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(57) **ABSTRACT**

An apparatus and method for predicting cognitive performance of an individual based on factors including sleep history and the time of day. The method facilitates the creation of predicted cognitive performance curves that allow an individual to set his/her sleep times to produce higher levels of cognitive performance. The method also facilitates the reconstruction of past cognitive performance levels based on sleep history.

**51 Claims, 19 Drawing Sheets**

